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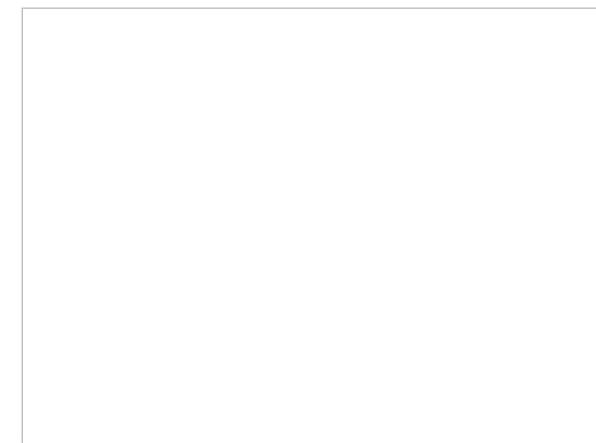
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# 9 REASONS TO EAT APPLES

## AN APPLE A DAY KEEPS THE DOCTOR AWAY. WHY?

Apples have properties that no other fruits have and their benefits have been proven overtime. You will be able to get the benefits of these properties individually with other fruits, but an apple combines everything and makes it simpler.

### CONTAIN VITAMIN C



Vitamin C helps greatly your immune system. A lot of people who lack Vitamin C in their diet have poor healing, bruise easily and have bleeding gums.

### PREVENT HEART DISEASES



The reason it can prevent both coronary heart disease and cardiovascular disease is because apples are rich in flavonoid. Flavonoids are also known for their antioxidant effects.

### LOW IN CALORIES



A regular size apple has between 70-100 calories. Eating an apple when craving for candy or chocolate can make the desire disappear since apple in itself contains sugar, but gives you only ¼ of the calories.

### PREVENT CANCERS



Apples target multiple cancers such as colon cancer, prostate cancer and breast cancer in women.

### CONTAIN PHENOLS



Apples contain phenols, which have a double effect on cholesterol. It reduces bad cholesterol and increases good cholesterol. They prevent LDL cholesterol from turning into oxidized LDL, a very dangerous form of bad cholesterol which can be deadly.

### PROTECT FROM BRAIN DISEASE



Protects our brains from brain disease. Apples have substances called phytonutrients which prevents neurodegenerative diseases like Alzheimer's and Parkinsonism.

### HEALTHIER LUNGS



People who eat 5 apples or more per week has lower respiratory problems, including asthma.

### PREVENT TOOTH DECAY



Tooth decay is an infection that seriously damages the structure of our teeth, which is caused primarily because of bacteria. The juice of the apples has properties that can kill up to 80% of bacteria.

### TASTE GREAT!



Apples taste great and also come in many flavors and colors. Their taste can vary greatly, but still give us all the apple benefits. Variety is an important element to maintaining our health.

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